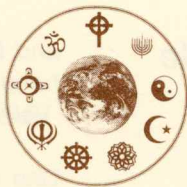


First Word



From Concordia Multi-faith Chaplaincy

Autumn 2002

Vol. 6, No.1

Liberating Silence

By Daryl Lynn Ross, Chaplain

In the Fall semester of 2001, I was given a leave from my duties as chaplain at Concordia University to take part in a three-month silent meditation retreat that is held annually at the Insight Meditation Society in Barre, Massachusetts. I have been practicing meditation for almost three decades, and have done a fair number of retreats of many kinds; nonetheless, I had strong doubts and fears leading up to it. Three months seemed like an awfully long time to spend in silence, away from my family, meditating ten to twelve hours a day. But deeper than the fear and doubt was the commitment to take this opportunity for intensive meditation, and so I held my resolve.

The planned date of departure was September 19, and I was looking forward to driving down through the beautiful Green Mountains. Then came September 11, and especially as a native New Yorker, leaving felt like ripping myself away from the grip of shock and concern for the future. I knew that the world would be a different place when I emerged from the cocoon of this retreat.

My intention in doing this retreat was to deepen my practice of Vipassana (Insight) meditation. This is a practice within the Theravada tradition of Buddhism; Sri Lanka, Burma (Myanmar) and Thailand are the countries where this Buddhist tradition is predominant. In Vipassana practice we develop a spacious mind of awareness within which we stay present and attentive to the arising and passing of all experiences. In so doing, we learn to recognize and let go of attachment to patterns of thinking and reacting which perpetuate self-absorption, the primary cause of suffering. Preoccupation with getting some things or avoiding other things in order to make the self feel good blinds us to the effect of our words and actions upon others. We studiously ignore the reality that things, experiences, even achievements will not satisfy the deep longings of the heart, because they are impermanent. We clench our bodies and minds against life's painful experiences, and hold desperately to the happy moments as they slip from our grasp. We futilely attempt to build a permanent, abiding structure which we can call our "self," which will be respected and valued, but deep down we are unclear as to what this self truly is.

Continued on Page 6- see **Liberating** ►►

Our New Name...

Campus Ministry is now:

CONCORDIA
Multi-faith Chaplaincy

Service de pastorale multireligieuse

CONCORDIA

Concordia Campus Ministry has changed its name to **Concordia Multi-faith Chaplaincy**. This change better reflects the reality of Concordia as a diverse, multi-cultural and multi-religious community in a similarly diverse city. It also reflects the reality of our department, which has grown over the years to include representatives of many of the different religious traditions present within the Concordia community. Our department continues to strengthen its ability to serve and represent this diversity.



A Weekend Retreat for Students

Come, meet new people and deepen
your spiritual life in community!

Friday, 27 September, 2002, 4 pm
to Sunday, 29 September, 2002, 4 pm
at Villa Marguerite, Pierrefonds (West Island)
Cost: \$45 (some subsidies may be available)

This retreat is organized by students,
together with the Concordia Multi-Faith Chaplaincy.

For more information contact
Ellie Hummel at 848-3590
or Ellie.Hummel@concordia.ca.

Concordia Multi-Faith Chaplaincy is a unit of Advocacy and Support Services,
Student Services.

En route pour la Journée Mondiale de la Jeunesse 2002!!!!

by Jean-Luc Orgiazzi

"Vous êtes le sel de la terre ... Vous êtes la lumière du monde" (Mt 5, 13-14).



Quand le pape Jean-Paul II a annoncé en août 2000, à la fin de la célébration de la 18e Journée Mondiale de la Jeunesse (JMJ) à Rome, que la prochaine JMJ aurait lieu au Canada en 2002, il a déclenché un mouvement dont la portée s'est étendue jusqu'à l'Université Concordia. Dès le mois de septembre 2001, en collaboration avec nos aumôniers S. Michelina Bertone SSA et l'abbé Raymond Lafontaine, un groupe d'étudiants et étudiantes s'est formé, pour se préparer à vivre ce pèlerinage de foi et de solidarité avec des centaines de milliers de jeunes catholiques du monde entier.

J'ai eu la chance de faire partie de cette troupe dynamique de jeunes de Concordia chargé de l'organisation de ce grand pèlerinage, dont le sommet a été notre rencontre avec le Pape Jean Paul II et plus de 200,000 jeunes de toute nation et culture, à Toronto du 23 au 28 juillet 2002. En plus, nous avons aussi à préparer l'accueil de pèlerins d'autres pays ici à Montréal du 18 au 22 juillet, pour vivre avec eux la première partie de cette grande rencontre internationale.

Des ateliers d'approfondissement de la foi, des conférences et des retraites spirituelles nous ont permis de partager nos expériences et de méditer afin de mieux nous préparer intérieurement. Un des moments forts de ces préparatifs pour moi et pour beaucoup d'entre nous a été le passage de la Croix des JMJ dans le diocèse de Montréal du 19 au 28 avril. La célébration autour des porteurs(euses) de la Croix nous a donné un petit aperçu de l'ambiance merveilleuse que nous devons vivre à Toronto.

Les kiosques que nous avons organisés pour promouvoir les JMJ sur nos deux campus, et les différentes levées de fonds (vente de gâteaux, témoignage et célébration au Loyola Chapel, barbecue) nous ont permis non seulement de mieux nous connaître, mais aussi de tisser entre nous une unité et amitié v/ritables. Aussi, cela nous a permis de communiquer notre engagement et notre foi avec de nombreux étudiant-e-s, avec des conversations riches et passionnantes. Voici le témoignage de deux étudiants, membres du groupe:

"Preparation for WYD has taught me to be accepting and forgiving in every aspect of my life."
Patrick L.

"For me, World Youth Day represents an amazing opportunity to meet other young people who share and celebrate the same thing: a love for Christ. The retreats

and the other gatherings allowed us to already feel the hand of God at work"

Valérie B.

Une fois arrivée, l'expérience des JMJ s'est vite déroulée : accueilli des pèlerins venus du Gabon, du Rwanda, de l'Argentine, du Pérou, de l'Estonie et de la République Dominicaine; moments intenses de prière et de réflexion, de joie et de célébration, de service et de solidarité; départ pour Toronto, et pour la rencontre tant attendue avec les jeunes du monde, convoquée par le Successeur de Pierre qui, en dépit de son âge, vit une complicité remarquable avec nous. Il nous a dit :

« You are young and the pope is old and a bit tired. But he still fully identifies with your hopes and aspirations. Although I have lived through much darkness, under harsh totalitarian regimes, I have seen enough evidence to be unshakably convinced that no difficulty, no fear is so great that it can completely suffocate the hope that springs eternal in the hearts of the young. Do not let that hope die! Stake your lives on it! We are not the sum of our weaknesses and failures; we are the sum of the Father's love for us and our real capacity to become the image of his Son. »

Et la foule s'est mise à chanter : *« The Pope is young! The Pope is young! »* Dans cette rencontre, les différences d'âge, de race et de langue, de nationalité et de culture, et même de religion, sont tombées. Nous avons vécu une profonde unité les uns avec les autres.

Se préparer aux JMJ, c'est tout simplement s'ouvrir aux autres et au Seigneur, pour qu'il puisse éclairer nos vies de son amour et faire de nous ses témoins. C'est aussi lancer au monde un message de foi, d'espérance et d'amour. Les JMJ ne marquent pas la fin de cette expérience, bien au contraire! C'est le début d'un renouveau, d'une foi raffermie et renouvelée, le début de nombreuses activités qui auront lieu à Concordia au cours de l'année. Restez en ligne! 

Jean-Luc is a Concordia Student and a member of the Concordia World Youth Day Organizing Committee.

Outreach Experience

A special opportunity to share your talents with those of our society with special needs:

The Sick, The Elderly, Our Youth

For more information call :

Michelina Bertone SSA – 848-3591

(mbertone@alcor.concordia.ca)

Ellie Hummel – 848-3590

(Ellie.Hummel@concordia.ca)

What's up at...

Concordia Chaplaincy

A look at the programs we're offering during the Fall term.

Compassionate Action/ Inter-faith Reflection (C.A.I.R.)

This group will draw from the religious, spiritual and ethical backgrounds of the participants, to share among the group our inspirations for reaching out into our community and world. Those who wish may receive assistance in finding some way to offer service in the community. Sharing will include readings from scriptures, meditation practices and discussions.

Mondays 2:45-4 PM, beginning October 7th,

For more information contact Daryl Lynn Ross – 848-3585 or Daryl.Ross@concordia.ca



of REMEMBRANCE
and HOPE

March of Remembrance and Hope is a powerful and profound experience of the Holocaust for a select group of university students from around the world.

The program will take place in Poland from May 21 to 29, 2003.

Students will:

- ✧ Visit some of the most important sites of the Holocaust in Poland,
- ✧ Learn from Holocaust survivors and international experts on the history of the Holocaust,
- ✧ Meet and share experiences with an international, multi-cultural and multi-faith group of university students,
- ✧ Make connections with present day issues of racism and genocide,
- ✧ Return home to become agents of change on their campuses and in their communities.

Student participants must be highly motivated and prepared to invest a significant amount of time in preparation. A \$100.00 non-refundable deposit will be required by Dec. 01, 2002 (will be refunded if trip dates are significantly altered or trip is cancelled).

For further information contact Peter Côté at 848-3586 or peter.cote@concordia.ca.

Building Bridges

Chaplaincy's Prison Visit Programme

This is an eight-week program of structured group visits with inmates at the Federal Training Centre in Laval. The group leaves from Annex Z (2090 Mackay) at 6:15 pm. on Monday evenings. The size of the group is limited and advance registration is required.

An information session/orientation will be held on Monday, September 23, 2002, Annex Z, 2:30 PM. Visits begin on September 30, 2002.

For more information call **Peter Côté (848-3586)**

Be Still, And Know...

By Ellie Hummel (Rev.), Chaplain

Imagine a week without sleep. Imagine staying up for seven days without even as much as a catnap or a snooze between two chapters in your text book, or a few minutes of dozing off on the Metro.

I know there are students who don't sleep for days at a time. In fact, statistics indicate that most North Americans suffer from chronic sleep deprivation. But I think that a week without sleep would be next to impossible. Sooner or later, our bodies would just give in. We would either get sick and confused or we would fall asleep in the middle of class. Our bodies need this time to relax and reenergize and our subconscious needs time to work through issues as we dream. Sleep is an essential part of the rhythm of life.

Our spiritual life has a rhythm as well, and our souls and sacred inner being also need time to relax, reenergize and be at rest. The English poet William Wordsworth once penned the following lines:

When from our better selves we have too long
Been parted by the hurrying world, and droop,
Sick of its business, of its pleasures tired,
How gracious, how benign, is Solitude.

That interchange between activity and solitude, of which Wordsworth speaks, is what we often lack in our world. We run from class to work to hang out with friends, and often forget to take some time out for ourselves. By doing so, we neglect our "better selves", our souls.

The Psalmist, who wrote many hundreds of years before Wordsworth, goes one step further. In the Bible, Psalm 46:10 we read, "Be still and now that I am God!" With these words, he reminds us that when we take time in solitude and stillness, we connect not only with ourselves, but also with God. We touch the holy, inside of us and around us, that sacred energy that gives us life. And so, it is imperative to incorporate into our schedules some time to be still, some time of solitude and to find this rhythm of activity and solitude.

And just how do we do this? There are some traditional ways: Worship, prayer, meditation and retreat are some of the most common ways to find solitude and have enabled people over the centuries to take time out. But finding solitude can also be a highly personal experience, which can include some new, creative ways. Time in nature, reading a book, journaling, art, music, spending time with kindred spirits or breathing deeply are just some ways in which people find stillness. Each person needs to find their own way of solitude, whether it is a traditional or new way or a mixture thereof.

The important thing is that we indeed make some time of solitude and stillness, and that we thus nurture our souls and connect with the holy. It is indeed as important as sleeping and eating and breathing, and this rhythm of activity and solitude will lead to a healthy life, lived in wholeness. ☪

CONCORDIA'S CATHOLIC STUDENTS CELEBRATE AT THE LOYOLA CHAPEL

WE WELCOME YOU TO JOIN US
FOR OUR EUCHARIST (RC)

MONDAY TO THURSDAY AT 12:05 P.M.

FRIDAY COMMUNION SERVICE 12:05 P.M.

SUNDAY AT 5:00 P.M. (STARTING SEPT 15)

*The Chapel is located next to the ADMINISTRATION [AD] BUILDING on the
Loyola Campus.*

FOR MORE INFORMATION CALL:
848-3588

Did you see any of the World Youth Day events with Pope John Paul II on TV?

Are you...

...wondering what this "Catholic" thing is all about?

...interested in deepening your own faith commitment – or just finding out more about the Catholic Church?

Then maybe

Echoes of Faith *Echoes of Faith* *Echoes of Faith*

is for you! This workshop will explore the Catholic faith, its creed, traditions and expressions.

Tuesdays 4:30 - 5:45 PM

Annex Z (SGW), Room 05
Beginning September 24th

Led by: Rev. Raymond Lafontaine, Ph.D.
and Michelina Bertone, SSA

For more information call 848-3587 or
848-3591

CCF: Faith, fellowship and fun

By Dahlia Liwsze

Being a Christian and a student in university can sometimes be very difficult. Between classes, papers/exams, a job and/or a boy/girlfriend, plus any extracurricular activities you may be involved in, your time in prayer, the Word, or fellowship with other believers can often suffer. However, Concordia Christian Fellowship (CCF) is here on campus to ensure that students can get encouragement and have an opportunity for fellowship with other Christians at Concordia.

As another semester begins, the non-denominational club always welcomes newcomers as well as those who are spiritually searching and/or are curious about Christianity. Since those at CCF can understand what it is like to juggle four or five classes in addition to one's other responsibilities and obligations as well as one's faith, popping into the CCF office at 2020 Mackay (room 303) to share something that is on your heart or merely to chat is a good idea. If you have a prayer request or just want prayer, there are prayer meetings in the office with the times and days still

to be decided. If you want to study the Word and like small group interaction, CCF holds cell groups/Bible studies from Monday to Friday at the office, which include men's, women's and unisex small groups.

On the other hand, for those who prefer larger group interaction, which is co-ed, check out the CCF large group meetings held on Friday nights from 5:15 p.m. to 7 p.m. in room H613 (tentative). Praise and worship time precedes the speaker, and since the meeting ends early on in the evening, one still has all of Friday night for fellowship or to make other plans. Furthermore, for a spiritual get-away, CCF has a weekend retreat each semester where friendships are made and one's faith is deepened and strengthened.

However, while CCF does believe in its own growth and well-being, it also has a heart for reaching out to the Concordia community with the Gospel. Its vision for the Fall 2002/Winter 2003 semesters is "Becoming Christ-like while being involved in showing and telling the community who Jesus is." Therefore, there is always a book table in the Hall Building each week with the times and days still to be decided. There, people can pick up a Bible, tract, or ask any questions they have about Christianity or CCF. In addition to the book table, CCF will be giving out its newsletter entitled *The Solid Rock* twice a semester. Questions or submissions can be sent to: the_editor_dl@yahoo.ca

So, if you enjoy making new friends, are serious about your faith, or are even a new Christian or simply interested in Christianity, CCF is the place for you. For those of you interested in checking out CCF, you can stop by the CCF office (2020 Mackay, room 303), call us at 848-7492, or email the CCF president Eddie Joseph at edfaithfull@hotmail.com, the vice-president Sandra Simbert at alwaysgive_thanks@hotmail.com, and the staff

worker Cathy Pott at hancathy@total.net. Our website <http://alcor.concordia.ca/~ccf/> provides more schedules, announcements, and further contact info. Since being a believer in university can be quite difficult at times, it is always an encouragement to know that you are not alone. God bless you, and we look forward to meeting you! ☞

Dahlia Liwsze is a Concordia Student and editor of CCF's newsletter "Solid Rock".

A Daily Practice...

by Tamara Achtman

It is strange for me to write an article on how spirituality affects my life since up until recently I would have had very little to say on the subject. I was brought up in a decidedly unreligious household and have tended to avoid organized religion at all costs since early childhood. My parents, raised in two of the major religions (Christianity and Judaism), had never felt at ease in the religion of their parents and had searched further afield for their own spirituality as adults. They kept their beliefs to themselves and left me to come to my own conclusions about spirituality and religion. I came to adulthood as an atheist. Perhaps I still am an atheist but a spiritual atheist, if such a thing can exist.

Last year, a good friend of mine who I respect a lot started to meditate with the Chaplaincy at Concordia. I did not think much of it at the time as I was wrapped up in my own world and my only experiments in meditation had ended in sleep. I did notice, however, that my friend became more centred, more focused and more sure of herself. Then, early in the new year, events in my own life made me lose the sense of inner solidity and centredness that, I realize now, I had been in the process of losing for a long time. I was plagued by doubts about who I was and what I wanted out of my life. I questioned my ability to live a healthy and giving life in the face of my destructive and hurtful behaviour towards others and myself. I became overwhelmed and doubtful about decisions facing me in the course of the next several months.

Of course, things were not as dramatic as I make them out to be. I still woke up in the morning, went to university, went to work, and spent time with my friends but it was as if I was losing the thread of who I was. I felt that I was no longer in contact with the inner me but was instead drifting in a hazy limbo.

By chance, I came across a flyer for Buddhist meditation being offered through the Chaplaincy. Remembering my friend, I decided to give it a try. I went to my first Vipassana meditation sitting not knowing what to expect but what I found I am eternally grateful for.

Meditation has brought something very important to my life; calmness and distance. Instead of being overwhelmed by a swirling mind, I am able to have moments of silence

The inner journey of those three months is not easy to describe. I saw aspects of my mind that I did not know existed. I knew peaks of joy, bliss and compassion, as well as knowing the self-centered, judging and insecure mind. They are all aspects of the changing, shifting "me." Most deeply transforming was clearly encountering my heart of wisdom, or original mind. This sense of deep reconnection to the true heart-mind brought home an inner authority, and at the same time helped to dismantle patterns of dependency and feelings of alienation from others. The mystery of being unfolds, perfect and complete in each moment, and there is no part from which I am separate. Ultimately, the control for which we strive will always elude us. Being with things just as they are, we open to freedom and give ourselves to the truth of each moment, responding with what honesty, love and creativity we are able.

Long walks in the autumn woods were times of integration of meditation insights and experience of connection to the life around me. Chickadees would fly close, landing within arm's reach in a shrub and, if I had some sunflower seeds, would light upon my hand, pluck a few and fly up to a tree to nibble them. Hearing their calls, the woodpeckers and blue jays gathered around and would try to bully the tiny birds out of their seeds until I threw some on the ground to them. Life, in simplicity, beauty and severity was revealed in each unfolding event.

I am not the same person that I was last fall, as I drove down through the mountains to Barre, Massachusetts. But then, you are not the same person that you were then, either. Change is constant, in every moment, around and within us. Is it possible to find a dwelling place which transcends the constant flux of arising and passing away?

The Zen Master, Hakuin, said in his "Song of Meditation":
*"...if we turn inward and prove our True-nature-
 that True-self is no-self,
 our own self is no-self-
 we go beyond ego and past clever words...
 What is there outside us,
 what is there we lack? ...
 This earth where we stand is the Pure Lotus Land,
 and this very body the body of Buddha."* 

Buddhist Meditation

Sitting practice and teaching on Buddhism. This weekly program will include introduction to sitting and walking meditation and a short talk on various aspects of Buddhist practice.

SGW: Monday 5:15- 7 PM,
 Annex Z, Room 05, begins September 30th.

Daryl Lynn Ross – 848-3585
Daryl.Ross@concordia.ca

Daryl also leads weekly meditation sittings on both campuses.

Reflections

Have you ever wanted to have a group of people with whom you can discuss your questions, queries and insights about spirituality? "Reflections" is a discussion group, where we explore spirituality, the Holy and how it all fits into our busy student lives.

We meet **Tuesdays 2:30 – 4 PM** at Annex Z
 Room 105,

[Starting September 17th.]

For more information contact

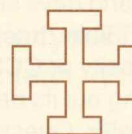
Ellie Hummel at 848-3590 (Ellie.Hummel@concordia.ca)

Daily Practice... CONTINUED FROM PAGE 5

and peace, moments where I can get a little objectivity from the whirlwind in my head. For the first time in my life, the *me* at the centre of my being does not take up all the space with its demands and feelings and I can look at myself in a new way. It is the first time I have looked inside of myself honestly.

Since then, I have tried to live a life within my understanding of Buddhist teachings. I try to be compassionate with others and myself. I try to act in ways that I will be able to look back upon with respect. I try to meditate, if not every day, then every second day, sometimes on metros and bicycles but mostly at home on my meditation bench. Leading a spiritual life is very new to me and I still do not feel that I can lay claim to being a "spiritual person". I am a novice and could not name any Buddhist teachers aside from the obvious few. I have read very little on Buddhism and know even less about the religious foundations. Regardless, meditation has given something to my life that was missing before; it has added a dimension of clarity that was previously missing. This was and continues to be immeasurably valuable to my life.

I am very grateful to Daryl (Daryl, Lynn Ross, the chaplain who leads the Buddhist meditation sessions) for having helped me on this journey. 



Silent Retreat at the Oka Monastery

October 18-20, 2002

An opportunity to be still, to reflect on life and to share with others in an atmosphere of peace and prayer.

The cost is:
 \$50 for students – \$75.00 for non-students

For more information call: 848-3588

Islam: Horizon of Faith, Justice and Peace

By Sobia Virk

The completion of Islam transcended in 632 CE, with divine guidance for all of humankind, as revealed to Prophet Muhammad (PBUH). Islam literally means "submission to God", derived from the root word meaning peace. Islam, the religion, is a complete way of life with a holistic approach. The fastest growing religion on the planet is perhaps also the most misunderstood.

Monotheism is the universal message revealed to all God's Prophets, and is the first tenet of Islam, a sublime call to worship the One Creator. This faith must be accepted out of free will as the Qur'an says: "There is no compulsion in religion" [2:256], and faith is to be manifested in compassionate actions.

Islam decrees justice for humanity, in itself and as a prerequisite for peace. Without justice, be it between nations, classes, or genders, there cannot be true peace. "O mankind! We have created you from a male and a female and made you into nations and tribes that you may recognize each other." [49:13]

A common misconception is Islam's position on war. Islam permits self-defense, and forbids oppression and tyranny. Even in self-defense, there are strict combat rules that must be adhered to, including prohibitions against harming civilians, destroying land and crops, and torture of prisoners. War is to be waged only to defend and as a last resort: "If they seek peace, then seek you peace. And trust in God for He is the One that heareth and knoweth all things." [8:61].

Jihad does not mean "holy war" in spite of the commonly understood distortion of the word. Jihad literally means struggle, first and foremost from within, the internal struggle against ego and selfishness with the aspiration of attaining true inner peace, and striving on Earth to eliminate inequity and injustice. "O you who have attained to faith! Be ever steadfast in your devotion to God, bearing witness to the truth in all equity; and never let hatred of anyone lead you into the sin of deviating from justice. Be just: this is closest to being God-conscious. And remain conscious of God: verily, God is aware of all you do." [5:8]

Islam teaches humans to give alms, protect orphans, uphold truth and justice, and seek harmony in relation to humankind, animals, plants and ecology. Diversity is beautifully manifest in the universe to inspire unity and faith, not to create chasms. "And among His signs is the creation of the heavens and earth and the variations in your languages and colours: verily in that are Signs for those who know." [30:22] 

Sobia Virk is a second year student in Biochemistry.

The Peer Experience

by Marianne Chivi

Last August, I began my training for the Peer Support Program. I had all sorts of fears and insecurities about myself, about fitting in, about being accepted, and mostly, about forming new friendships and connections. Those initial fears soon disappeared.

Joining the Peer Support Program had such a positive influence on my life. I am an international student, and I had been having difficulty connecting with other students in my classrooms and on campus the previous year. By going through the training and by becoming a Peer, I developed new friendships with my fellow Peers, which gave me confidence in myself in terms of approaching other students in my classes, as well as people in my personal life. Seeing familiar faces on campus always gave me a sense of belonging and Concordia became less and less like a "new" environment, and more and more like "my" environment.

I enjoyed being a Peer for many reasons. Aside from the positive influences being a Peer had on my friendships and social skills, I learned a great deal about the University's resources and services. I was able to develop and improve on my listening skills, and I had the opportunity to help students, like myself, who were dealing with life as a student, and as a human being facing challenges, difficulties, or simply moments of confusion. It might have been a simple question, such as what department to go to for something specific, or something relatively more complicated, such as how to deal with financial difficulties, but knowing that my presence at the Peer Centre was helpful for even one student looking for a friendly face and some assistance was what motivated me to keep my commitment and enthusiasm throughout the year.

As I am returning this year to the Peer Program as a supervisor, along with two other returning Peers, I look forward to those same challenges and rewards. I will have the chance to meet another group of wonderful people who all come together, maybe with different intentions or goals, but the same basic purpose: to volunteer time out of their lives to help other students. This is enough reason for me to want to come back next year, and develop my leadership skills as a supervisor, and share my experiences as a returning Peer with the new students who are joining.

I do think that the Peer program is a very important service offered to Concordia's students. Since we are all students



The Muslim Students Association [MSA]

The MSA offers many services to all Concordia students, including the facility of a newly established Islamic Library.

Contact:

msaconconcordia@vif.com

www.concordiamsa.com

Prayer room: H-711 – Friday Prayers: H-721 (1-2 pm)

Mother Hubbard's Cupboard



Hungry for some great vegan food, some welcoming community and some interesting conversations? Then come to Mother Hubbard's Cupboard!

Drop in on **Thursdays**
from 5 to 7 pm

Annex Z, Room 105-106

Mother Hubbard will feed you!

She asks for a donation of \$1-\$2, so that she can restock her cupboard.

Starting September 19th.

If you would like to help Mother Hubbard cook, serve or clean, or for any other information, contact Ellie Hummel at 848-3590 or Ellie.Hummel@concordia.ca

volunteering our time and effort to help other students like ourselves, I think we can understand and appreciate the stresses of university life that go with the lives we lead off campus. We're trained in basic counseling skills and have knowledge about the University's services and resources, and we provide a safe, confidential, and friendly environment for anyone who needs our assistance. I am proud to have been a part of the Peer Support Program 2001-2002, and I am proud to become a part of the program again 2002-2003. 

Marianne Chivi is a third year student in Psychology and Human Relations.

THE JOURNEY AND THE HEALING POWER OF FORGIVENESS



An eight week workshop designed to explore the meaning and the levels of the forgiveness experience as a healing and liberating act of love. Each session will include input and an experiential journey through guided meditation on God's Word and creative expression.

When: **Monday, noon to 1 PM**

beginning September 23rd.

Annex Z, room 05

For more information contact
Micheline Bertone, SSA at 848-3591.

Meditation

Weekly sitting practice, with introduction. Also guided meditation on loving-kindness.

SGW: **Wednesday 11:45-1 PM**, Annex Z*, Room 105,
Begins October 2nd

Loyola: **Thursday 11:45-1 PM**, Loyola (location TBD),
Begins October 3rd,

For information contact

Daryl Lynn Ross – 848-3585 or

Daryl.Ross@concordia.ca

Habitat for Humanity

Are you interested in being part of a Concordia student chapter of Habitat for Humanity? Habitat is an international, inter-faith (with Christian roots) ministry which brings people and resources together to build affordable housing with and for those in need.

To learn more contact Peter Côté at 848-3586 or peter.cote@concordia.ca.

Peter Côté, Coordinator L-WF 105 848-3586
Fr. Raymond Lafontaine L-WF 106 848-3587
Daryl Lynn Ross L-WF 103 848-3585

Micheline Bertone, S.S.A. S-Z 104 848-3591
Ellie Hummel (Rev.) S-Z 102 848-3590

(e-mail: bpglov@alcor.concordia.ca)

MULT-FAITH CHAPLAINCY is a unit of *Advocacy & Support Services*, a part of **Student Services**

Drop by and visit! There is a lot more to Concordia Chaplaincy than you might imagine!

We are located at:

Belmore House (Loyola) 2496 West Broadway - 848-3588 Fax: 848-3592 (until October 1, 2002)

after October 1, 2002 - Administration Building room AD-130

Annex Z (SGW) 2090 Mackay - 848-3593

...and don't forget to visit our website at:

<http://advocacy.concordia.ca/ministry/index.html>